**HAWAII MARINE C SECTION OCTOBER 26, 2007** 

### **Bomb Squad** sneaks past Wind Jammers

Story and Photos by Pfc. Ronald W. Stauffer

Combat Correspondent

The Marine Aircraft Group 24 Bomb Squad blew away the competition, beating the Fleet Logistic Support Squadron 51 Wind Jammers, 16-15, during an Intramural Softball League game at Risely Field here, Tuesday.

"We came here to win, but still have a good time," said Chris Nolting, Bomb Squad shortstop, before the game started. "We've been working hard, and we'll see if it pays off."

As the game began, both teams played strong defense throughout the first inning and gave up no runs.

As the game continued into the second inning, the Bomb Squad started to heat things up. They began finding holes and gaps in the outfield and brought runners home.

Determined to get back in the game, the Wind Jammers struck back, bringing in runs of their own. Their offensive attempts were no match for the Bomb Squad's superior batting, and left the second inning 5-3, Bomb Squads' favor. During the third inning, Bobby Davis, Bomb Squad third

baseman, stepped up to the plate hoping for a base hit. He cut through the ball, sent it deep into the outfield and hitting the first homerun of the game. At the top of the fourth inning Bomb Squad led the game, 11-

4. The pressure was on the Wind Jammers as it looked like a Bomb Squad victory. "As long as we keep doing what we're doing and making

good hits, we should have this one in the bag," Nolting said,

To the Bomb Squads' surprise, Ryan Carroll, Wind Jammers

See SOFTBALL, C-8



Jim Burd, Wind Jammers catcher, slides into second base, to avoid getting tagged out during an Intramural Sofball League game at Risely Field here Tuesday.



After swimming 500 meters, participants had to put on their running shoes and run the five-kilometer race portion of Helicopter Anti-Submarine Squadron Light 37's 4th annual Splash and Dash Biathlon. Tim Marr, local triathlon runner, placed first overall in the men's divi-

### K-Bay Athletes compete in HSL-37's Splash and Dash

Story and Photos by Lance Cpl. Brian A. Marion Combat Correspondent

Runners from around the island competed in Helicopter Anti-Submarine Squadron Light 37's 4th Annual Splash and Dash Biathlon, Saturday, at Hangar 103 here.

The biathlon is part of the Commander's Semper Fit Series, which has races yearround

The biathlon consisted of a 500-meter swim and a fivekilometer run with 161 partic-

The race started at 8 a.m., and more people entered the race than what was originally

"We had a great turnout," said Meghan Brophy, varsity sports coordinator, Marine Corps Community Services. "Our overall goal was to have 150 people sign up for the event, but instead, we had 161 sign up and participate."

The racers entered the waters of Kaneohe Bay and waited for the signal to start swimming.

Brohpy blew the horn, and



After the horn blew to start the race, the participants of Helicopter Anti-Submarine Squadron Light 37's 4th Annual Splash and Dash Biathlon, dove into the bay and swam 500 meters before returning to land and running five-kilometers.

racers furiously swam toward the first marker, where they turned left toward a second marker, then onward to a

third marker before finally away from the pack of swimreturning to the dock to start mers, and the first racer on the

Slowly, the leaders pulled

See SPLASH, C-2

### Raiders end perfect season defeating the Warriors, 20-6

Story and Photos by Pfc. Ronald W. Stauffer

Combat Correspondent

The Camp Smith Raiders defeated the Combat Service Support Group 3 Warriors after Dewane Clifton, Raiders defensive end, jumped on a fumbled ball in the Warriors' end zone, scoring and leaving no chance of a comeback, during an Intramural Tackle Football League game at Pop Warner Field here, Oct.18.

Both teams suited up for one last regular season game before the playoffs, with the Raiders undefeated and the Warriors holding a record of 2-4, and looking to break the Raiders' winning streak.

"We've got everyone back from Pohakuloa Training Area now, so we're ready to play some football," said Rob Walston, Warriors head coach, before the game. "We're strong and healthy, and there's nothing better than playing a good game."

Grinning, Walston said someone has to win, and someone has to lose. "It's time to put your money where your mouth is."

The Warriors won the official coin toss, but declined to receive until the second half. They stared the game kicking off to the Raiders for a touchback.

Raiders, starting on the 20-yard line, began their drive down field with few key rushes for a first down. Their rush was upset when Donovan Gallow, Warriors cornerback and wide receiver, reached out, to make an interception and turned the ball over.

Irving Green, Warriors quarterback, started the series taking snaps from the shot gun, but was shut down by the Raiders defense, forcing the Warriors to bring out their punt team.

With the Raiders offense in control of the ball, they drove down the field moving the chains and pushing closer to the end zone.

Patrick Byers, Raiders tight end, completed a pass, taking the Raiders to the 9-yard line, giving them a first and goal. John "Big John" Kahapea, Raiders running back, punched through the line for six, ending the first quarter,

"We came out here to play some football and end the season victorious," said Rodney Mack, Raiders standing head coach. "If we're going to hurt them, we're going to do it on the score

Into the second quarter, the Warriors took

See FOOTBALL, C-6



Ralph DeQuebec, Warriors fullback, drives through the line to push past a Raiders' defender during an Intramural Tackle Football League game at Pop Warner field here Oct. 18

### ONGOING \_\_\_\_ **SPORTS BRIEFS**

#### **Parents for Fitness**

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, contact Dana at 235-8901.

#### Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six pas-

Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

#### **Campground and Picnic Sites**

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.

For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp Smith.

#### Okinawa Kenpo Karate

Every Tuesday and Thursday, join Youth Activities' contractor for Kenpo Karate Kobudo classes from 6 to 7:30 p.m., in Building 1391, located behind the old 7-Day Store.

Adults and children are welcome. Cost is \$35 for adults, \$25 for children, and \$20 for additional fam-

For more information, contact Youth Activities at 254-7610.

#### Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.

For more information or to schedule an appointment, call 265-4283.

#### **K-Bay Lanes**

K-Bay Lanes offers economical entertainment Mondays through Thursdays. All E-1s to E-5s pay \$1.75 for games and .50 cents to rent shoes.

For more information, contact K-Bay Lanes at

#### **K-Bay Lanes Color Pin Special**

Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, contact K-Bay Lanes at

#### Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will actually work with you to ensure maximum effi-

Pick up a personal training appointment card at the Semper Fit Center now.

For more information, contact the Semper Fit Center at 254-7597.

#### Semper Fit Center Offers Array of **Group Exercise Programs**

Semper Fit Center announces a new and expanded aerobics program. These new classes include a variety of workouts.

The class schedule for Fridays is as follows:

8:45 to 10 a.m. Step Challenge

11:45 a.m. to 12:15 p.m.

4:45 to 5:45 p.m. Cycling

5:45 to 6:45 p.m.

7 to 9 p.m. Aikido

### Marines should balance fitness while deployed

**Story and Photo by** Pfc. Alesha Guard

Combat Correspondent

Marines can maintain physical fitness using basic exercises and available equipment to help stay in shape, fight boredom and relieve stress even while deployed.

Retaining physical fitness is an important aspect for staying combat ready.

Being able to carry packs, gear and weapons while fighting fatigue is a continual wartime challenge.

Deployed Marines have erratic schedules with limited free time and equipment, said Lance Cpl. Jason Rice, 1st Battalion, 3rd Marine Regiment.

"You don't get a chance to set a real routine," Rice said. "You never know if you're going to be able to come back and workout, or if you'll be too tired because you went on a convoy for four or five hours that day and then are going on another patrol."

To overcome limited equipment during their recent Iraq deployment, Rice said his unit got creative. They hired a local welder to build them weight sets. He also used gear in his workout such as his flak jacket to add resistance to his pull-

"When Marines come back their biggest complaint is their cardio level isn't where it was before deployment," said Leslie Pokorski, a personal trainer at Semper Fit. "You don't need a treadmill or bike to cross-train," Pokorski said.

Pokorski suggests Marines incorporate cardio using equipment like jump ropes or stairs, and exercises like jumping jacks, mountain climbers or frog jumpers into their workout.

While it's important to maintain one's fitness level while deployed, Marines need to make sure they are getting enough rest before they consider working-out, Pokorski said. If they try to push themselves while working out without enough recovery time, they will likely injure themselves, Pokorski said.

Lance Cpl. Tony Hearton, 1/3, agrees Marines need to find their personal balance between workout time and recovery time, especially when deployed.



Lieutenent Col. William G. Perez, commanding officer, Headquarters Battalion, Marine Corps Base Hawaii, works out his arms on the pullup bar at the Semper Fit Center here Tuesday.

physically train on your own time," Hearton said. "But, you are the only person who knows what your body can and can't handle."

Not only does extra PT keep Marines in top condition, but it also provides deployed Marines an outlet to work through stress in a high anxiety environ-

"I consider it a stress reliever," said "It boils down to the fact you have to Cpl. Kevin Lawrence, 1/3. "It's something

to help me unwind, and get my mind off combat."

Another Marine agreed extra PT isn't just about trying to maintain physical condition.

"It's important to workout whenever you can," said Lance Cpl. Nick Manning, 2nd Battalion, 3rd Marine Regiment. "It not only kills stress but helps fight boredom. If you have the time to workout, then you should take it."

#### SPLASH, from C-1

dock was Tim Marr, a triath-

Within 10 minutes, most of the field had joined Marr and other leaders on the asphalt as they wound their way past the Officer's Club, toward north beach and back to Hangar

Marr crossed the finish line first with a time of 25 minutes, 8 seconds. William Wong and John Mezger followed him with times of 27 minutes, 8 seconds and 27 minutes, 34 seconds respectively.

"It was a great race," Marr said. "Usually when people host biathlons, they're either longer or shorter than they're meant to be, but this one felt really accurate. You had to go hard from the start, to be competitive in this one."

The first female to cross was Mariane Uehara with a time of 30 minutes, 31 seconds, followed by Hollie Whitney with a time of 30 minutes, 35 sec-

There were nine age groups for men and women to compete in, along with overall winners of the entire race, and the overall team winners.

"There were medals for first, second and third place in each age category," Brophy said. "The overall winners received a bowl, a gift certificate to Fleet Feet and a first place medal."

Overall, the turnout went well, but event host would like to see one thing change for next year.

"We are proud to host the Splash and Dash for the communities and the Marines and Sailors aboard Marine Corps Base Hawaii," said Cmdr. Brian Teets, executive officer, HSL-37. "We had a larger turnout than years past, and we are happy for such a turnout, but we want to make it bigger and better for next



Runners in Helicopter Anti-Submarine Squadron Light 37's 4th Annual Splash and Dash Biathlon hang around after the race, talking to each other and waiting for the winners to be announced Saturday at Hangar 103 here. There were 161 participants in the biathlon.



Tim Marr, left, receives his first place prize from Cmdr. **Brian Teets,** executive officer, Helicopter **Anti-Submarine Squadron Light** 37. Marr placed first overall.

# ON SPORTS

### SPORTS BRIEFS

#### **MCAF Tradewind Triathlon**

The CG's Semper Fit series continues with the Marine Corps Air Facility's Tradewind Triathlon Nov. 4 at 7:30 a.m. at Hangar 101 and Dewey Square. Register online at http://www.mccshawaii.com/cgfit.htm or at the K-Bay or Camp Smith Semper Fit facilities by Nov. 2.

For more information, call Meghan Brophy at 254-7590.

#### **Intramural Softball Tournament**

The Camp Smith Intramural Softball Tournament is Nov. 6 at 5 p.m. at Bordelon Field aboard Camp Smith. For more information, call Kelly Fornes at 477-0498.



### 2007 Intramural Tackle Football Standings

IEAM	WINS	TO221		
CAMP SMITH	7	0		
MAG-24	5	2		
CSSG-3	2	5		
HQBN	0	7		

### **DANCE MOVEMENT** ACADEMY AND — K-BAY GYMNASTICS

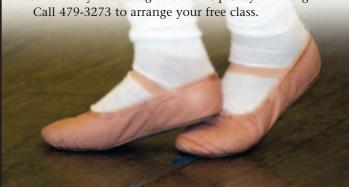
Dance and Gymnastics classes are available for youth

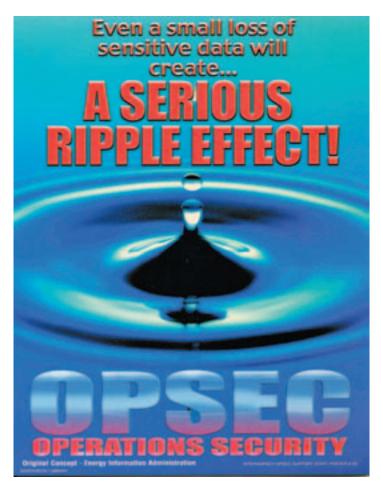
between the ages of 1 and 18.

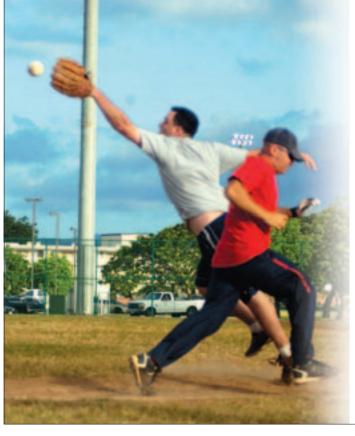
Standings as of Oct. 18

Classes are held Monday through Saturday and encompass areas of interest such as Team Gymnastics, Cheerleading, Tumbling and Trampoline, Jazz and Tap Dancing, Hula and others.

Interested participants are offered one free trial class. Fees will vary according to class frequency and length.







### 2007 Intramural Softball Fall Standings

TEAM	WINS	LOSSES
HQBN "ASP"	21	4
CSSG-3	19	4
2-2	23	6
MALS-24	19	9
VP-47	13	11
VR-51	9	14
CSSG-3 "MAINT"	10	15
HSL-37	11	17
3RD RADIO BN	7	20
MAG-24 "ORD"	8	21

434 Grace Weng

Standings as of Oct. 21

### Commander's Cup Bowling League 2008

T	eam Standings					***							
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3 1	Balls of Fury	141/2	91/2	595 1	63 1382	25		11 Silver Bullets		10	14	538 3	208 13940
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7	Flaming Hookers	12	12	631 1	34 1385	52		15 Wang Team		71/2	161/2	561 1	90 13735
8 1	Big Ern's Kids	12	12	575 1	78 1141	2		16 The Happy Team		7	17	527	216 13450
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		22	7 Jim	Martin			225	Mark Gleason		220 A	dam Sp	acher	
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486 Kumi Martin

Standings as of Oct. 23

### Base Pool

493 Val Benedict

The base pool offers a water slide, diving boards and a kiddle pool for the keiki.

#### **Fall hours:**

Open swim

Tuesday through Thursday 1 to 5 p.m. Saturday and Sunday 12 to 5 p.m.

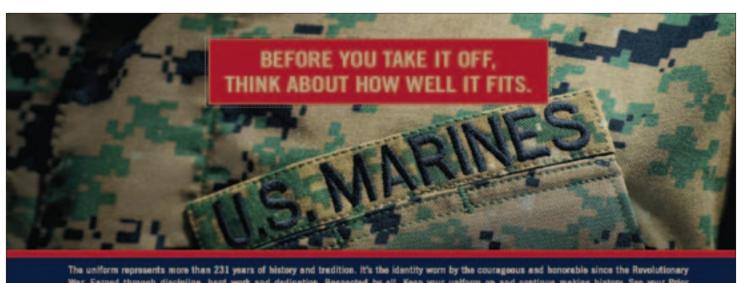
Scratch Series

Adult Lap swim

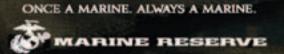
Tuesday through Thursday 11 a.m. to 1 p.m. Saturday and Sunday lanes available 12 to 5 p.m.

Tuesday and Thursday 11:30 a.m. to 12:30 p.m. Saturday 10 to 11 a.m.

The pool is closed on Mondays. For more information, call 254-7655. Fall swim lessons are now available for infants to adults. Lessons are open to all active duty, family members and DoD employees. For more information, call Dino Leonard at 254-7655.



War. Earned through discipline, hard work and dedication. Respected by all. Keep your uniform on and continue making history. See your Prior Service Recruiter about the many benefits and opportunities with the Marine Corps Reserve or call 1.800.MARIMES or visit MARINES.COM.



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## HEALTH AND WELLNESS

### Establishing routines key to oral health



American Association of Dental Hygenists

Cavity prevention is not the only concern parents should have when considering their children's oral health.

that periodontal disease continues to plague millions of Americans, including children.

The best way to ensure your child does not get early. Good oral hygiene routines should be established as early as infancy and continued throughout life.

Registered dental hygienists may recommend these tips:

◆Even before teeth begin to erupt, thoroughly clean your infant's gums after each feeding with a wateror gauze pad to stimulate

the gum tissue and remove food. When the baby's teeth begin to erupt, brush them gently with a small, soft-bristled toothbrush using a peasized amount of fluoridated toothpaste.

◆A small amount of Recent studies show fluoridated toothpaste will help to inhibit decay. Fluoride is also found in mouth rinses, community water supplies, and in some foods.

◆At age two or three, cavities or gingivitis is to you can begin to teach instill proper oral habits your child proper brushing techniques. But remember, you will need to follow up with brushing and gentle flossing until age even or eight, when the child has the dexterity to do it alone.

◆Schedule regular oral health appointments starting around your child's first birthday. Your oral health professional will check for cavsoaked infant washcloth ities in the primary teeth and watch for developmental problems, as well as help to create a positive experience that may alleviate fear at future

◆Allow and encourage your child to discuss any fears he or she might have about oral health visits, but do not mention the words "hurt" or "pain." Saying "it won't hurt" instills the possibility of pain in the child's thought process.

◆Determine if the water supply that serves your home is fluoridated. If there is not fluoride in your water, discuss supplement options with your dental hygienist.

◆Ask your dental hygienist about sealant applications to protect the chewing surfaces of your child's teeth; and about baby bottle tooth decay, which occurs when teeth are frequently exposed to sugar-containing liquids for long periods of time.



## HEALTH AND WELLNESS

### Halloween can be scary without safety precautions

**Press Release** 

Prevent Blindness America

Whether they are witches or vampires, angels or devils, children of all ages will be celebrating Halloween by donning their costumes and heading out to parties or trick or treating.

becomes more and more popular with spending on decorations, candy and costumes ris-

And, celebrating Halloween isn't just for small children. In fact, close to 60 percent of 18-24 year olds will dress up this year.

Prevent That's why Blindness America has dedicated October as Halloween Safety Month, in an effort to remind everyone to keep Halloween safe and fun.

"We can keep Halloween safe for everyone by taking a few easy precautions," said Daniel D. Garrett, senior vice president, Prevent Blindness America. "Our vision can be compromised by costume accessories, make-up, or simply by being out at night without proper lighting."

Prevent Blindness America also recommends the follow-

◆Always wear hypoallergenic or non-toxic make-up. Only adults should apply the make-up to children

and remove it with cold cream or eye make-up remover instead of soap.

◆False eyelashes and costume make-up can also irritate eyes. It's very important to follow the directions on the product package on how to apply and remove safely.

◆Never wear costumes that Every year, Halloween could block vision such as some masks, wigs, hats or eye patches.

> ◆Make sure that shoes fit well and that costumes are short enough to prevent tripping and falling.

◆Take extra effort to eliminate tripping hazards on your porch and walkway such as hoses, potted plants, etc. Make sure jack-o-lanterns are also placed out of the way.

◆Look for costumes made of flame-retardant material.

◆Avoid props or accessories that have sharp edges or pointed ends such as pitchforks, spears, knives, swords or wands.

♦When trick-or-treating, always wear bright, reflective clothing or decorate costumes and bags with reflective tape/patches. Carry a bright flashlight to improve visibili-

◆Always accompany children while trick-or-treating. Only go to houses you are familiar with and only visit homes that have the porch light on.



◆Carefully examine all trick-or-treat items for signs of tampering before allowing children to eat them.

Inspect any toys or novelty items received by kids 3 and younger as they may pose a choking hazard.

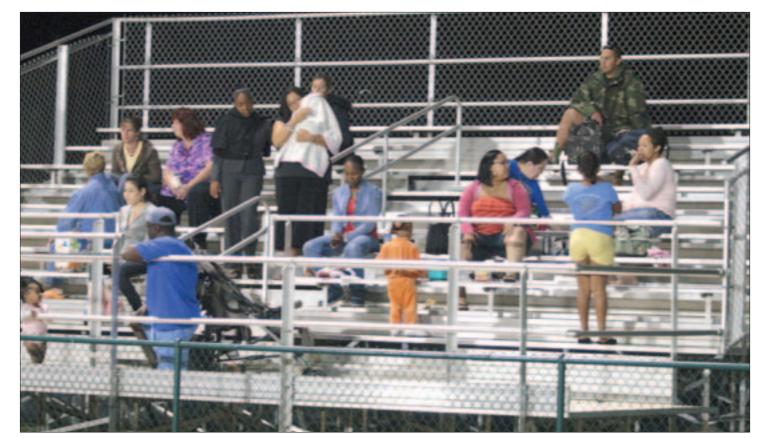
Prevent Blindness America also wants to remind the public that it's illegal to purchase contact lenses without a prescription. Even if the lenses are cosmetic or non-correcting, such as those that look like snake lenses can lead to painful eye eyes or cat eyes, they are still considered medical devices. Those interested in buying these lenses must go through a licensed eye care professional.

Improper use and cleaning of

infections or even vision loss.

For more information on Halloween safety or contact lens safety, call (800) 331-2020 or visit http://www.prevent blindness.org.

C-6 • October 26, 2007 Hawaii Marine



Fans from Camp Smith support the Warriors in their last game of the season during a Intramural Tackle Football League game at Pop Warner Field here Oct. 18.



Irving Green, Warriors quarterback, evades the Raiders defense as he attempts to set up for a pass.

#### FOOTBALL, from C-1

possession of the ball, gaining yards with a tremendous 20-yard rush by Ralph DeQuebec, Warriors fullback, for a first down. They were unable to complete any further first downs and punted the ball away.

Toward the middle of the quarter, the Warriors defense fought back shutting down James Dorsey, Raiders slot back, at the line, refusing to give up ground. They got the ball back on a punt, only to punt it back as the Raiders defense stepped up to match them.

Shocking the Warriors, Jon Cardenas, Raiders linebacker, broke through the line, followed by Anthony Allen, Raiders linebacker. Allen drove out and blocked the punt and pushed the ball back into the Warriors end zone, giving the Raiders a safety and another two points.

As the quarter came to an end, the Warriors attempted one last drive to get on the board before the half, but failed to make any completions. The half ended with the Raiders on top, 8-0.

"We're going to play a little harder, play a little tougher and if we score one more time we can drag the clock out on them," Mack said, during the half. "The last half is our half and this is where we're going to shut them down."

As the second half kicked off, the Warriors received the ball, driving the ball down field with determination. Once in field goal range, they missed the kick and the chance to get on the board.

The Raiders' offense, was pressured when Wade McCreary, Warriors defensive end, tore around the line and sacked Kimo Keonohi, Raiders quarterback, for a major loss of yard, which resulted in a punt.

As both teams fought for yards, neither was able to get into the end zone until the fourth quarter. Brenden Villa-Hashimoto, Raiders free safety, picked off a pass, running the ball back for another touchdown and bringing the score to 14-0. It looked to be a potential shut out for the Warriors.

With tension running high, Green snuck through the line for a first down and followed up with a long bomb into the hands of Marcus Vital, Warriors wide receiver. Vital ran it into the end zone, putting the Warriors on the board and back in the game.

Fired up, the Warriors defense took to the next series in force as Nick Griffin, Warriors linebacker, put a big hit on Keoniho, with an assist from Ryann Earls, Warriors defensive end, for a sack, and followed by an interception on the next play by Seth Merriken, Warriors tight end.

Warriors, controlling the ball, looked down field to gain yardage, but met upset when the ball was popped out of Green's hands from a vicious hit by Allen, resulting in a fumble that the Raiders recovered.

As the two-minute warning sounded, the Raiders drove down field attempting to get one more touchdown. They weren't able to make the completions and turned the ball over, giving the Warriors one last chance to even the score.

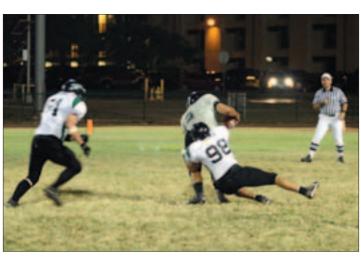
To the Warriors dismay, Green missed a wild snap from the shotgun, and left the ball rolling into the backfield. It was recovered by Clifton in the end zone, ending the game 20-6.

"We put ourselves in some holes we couldn't dig ourselves out of," Walston said. "Hands down, we've got the talent to stand with anyone out here and we're not going to lose to them a fourth time this year."

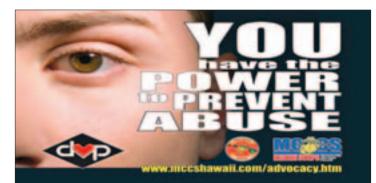
On the other side of the field, the Raiders celebrated their perfect season and another victory.

"We played a good season and worked hard for where we're at," Mack said. "We're looking forward to the playoffs and hopefully a victory because that's where it really counts."

The playoffs put MAG-24 Bandits against the CSSG-3 Warriors, Wednesday. The Camp Smith Raiders play the HQBN Warriors on Thursday. Both games will be played at Pop Warner Field here.



Ryan Earls, Warriors defensive end, sacks Kimo Keonohi, Raiders quarterback, for a loss of yards.



# AROUND THE CORPS

### MCCS offers chance to attend Super Bowl XLII

**Press Release** 

Marine Corps Community Services

**QUANTICO, Va** — This fall, clubs and restaurants across the Corps are sponsoring the Marine Corps Community Services Football Bash to get Marines into MCCS facilities for a little fun, camaraderie and football.

From Oct. 19 to Dec. 6, any time you patronize an MCCS Club or restaurant, you are eligible to enter into a raffle to win the grand prize – a five day/four night, all-expense-paid trip for two to Phoenix to attend Super Bowl XLII, valued at more than \$7,500.

The grand prize winner also receives \$500 spending money. The second place prize is \$1,000 and merchandise, and third place gets \$500 and merchandise.

Each installation will consolidate entries and hold a drawing for installation first, second, and third place winners Dec.7. These winners receive MCCS gift certificates and merchandise.

The installation first place winner will

be entered in the drawing for the top three prizes, including the grand prize trip to Super Bowl XLII. The grand prize drawing is Dec. 14 at Headquarters Marine Corps, Personnel and Family Readiness Division, aboard Marine Corps Base Quantico.

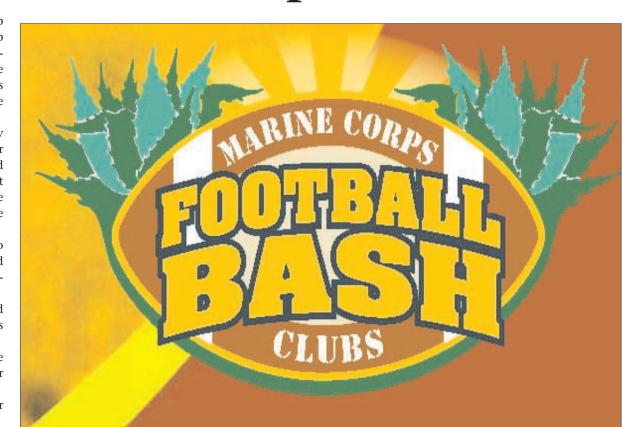
Authorized patrons can obtain entry forms at Officers', Staff NCO, Enlisted, or Consolidated Clubs, and MCCS-operated base restaurants. On bases that do not have an enlisted club, entry tickets are available in the recreation center where enlisted personnel gather.

It's the responsibility of the patron to completely and legibly complete and return entry tickets in time for the drawing.

Illegible or incomplete entries and those submitted by unauthorized patrons are null and void.

No purchase is necessary to enter in the contest and prizes are not redeemable for cash.

If you have questions, contact your local MCCS Club or Restaurant manager.





It keeps more than memories alive.

American Heart Association Fighting Heart Disease and Stroke







Damion Montgomery, Wind Jammers left fielder, swings away, trying to bring in runners during an Intramural Softball League game at Risely Field here Tuesday.

#### SOFTBALL, from C-1

shortstop, answered back with his own homerun, which fired his team up.

By the bottom of the fifth inning, the Bomb Squad continued to hold the lead, 12-6, do to a strong defense.

Kicking off the sixth inning, the Wind Jammers stepped up, putting a stop to the Bomb Squads' winning streak. They hit line drive balls low and fast into the outfield, and moved their runners around the bases and into home. They took the lead, 15-13.

It looked grim for the Bomb Squad as they stepped up for their last chance to win the game.

With fingers crossed, the Bomb Squad successfully slipped past the infielders and ran in three batters, winning the game 16-15.

"We played a good game and should have had the win," said Glenn Wise, Wind Jammers pitcher and coach.

Nolting said it was a close victory, but a win is a win and the team is looking forward to the playoffs.



Chad Kaitschuck, Bomb Squad left fielder, slams into Jim Burd, Wind jammers catcher, while trying to race to home plate.